NAVAL BASE CORONADO

SAF-T-LINES

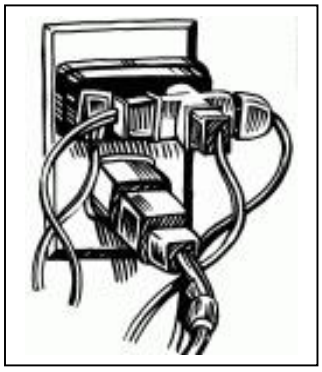
JUNE 2005

WORKPLACE SAFETY

Workplace safety covers an ever-expanding scope of activities. Common sense and a healthy respect for electricity should never be downplayed. Workplace safety tips can help educate and protect you. Electrical accidents rank sixth among all causes of work-related deaths in the U. S. Here are some workplace safety tips that would apply to your office.

Cords, Equipment, and Tool Grounding

- Make sure all equipment and extension cords bear the mark of an independent testing laboratory such as UL, CSA, ETL or MET Labs.
- Protect flexible cords and cables from physical damage. Check cords for cut, broken or cracked insulation.
- Keep slack in flexible cords to prevent tension on electrical terminals.
- Make sure the insulating qualities of a splice are equal to or greater than the original cord.
- Extension cords are for temporary use. Install permanent wiring when use is no longer temporary.
- Verify that all three-wire tools and equipment are grounded.



Preventive Electrical Maintenance

An important way to reduce electrical shock accidents is to institute and follow established procedures for preventive maintenance. This is the responsibility of the employer, employee and owner-establishing a close working relationship to reduce and eliminate electrical accidents.

- Inspect work area for electrical hazards daily, such as:
  - flickering lights
  - warm switches or receptacles
  - burning odors
  - loose connections
  - frayed, cracked or broken wires

- Never ignore electrical problems.
- Choose proper cords and connectors for the job.
- Read and follow all equipment operating instructions for proper use.
- Leave equipment repairs and adjustment to authorized personnel.

Source: Electrical Safety Foundation International (ESFI) http://www.electrical-safety.org

FLAMIN' LAPTOPS!!!!!

Imagine coming in to work one morning. While you make a cup of coffee, your nose twinges as it detects the distinct smell of an electrical problem. During the survey of the room, your interest is piqued when you see silky streams of smoke ascending from your laptop computer. Your eyes go wide and you let out a muffled profanity as the fluffy smoke flickers into flame.

Coworkers admire your apparent rebellion against technology as you grab the combustible computer and sprint down the hall to the nearest exit. As you watch your computer burn, you whistle softly as you consider what might have been, had the fire started an hour earlier, when nobody was around. Then, to your horror, you realize you've got a report due in an hour, the only copy of which is now cremated amongst a clump of charred chips.

So what happened, you ask? Well, it seems the original battery for this laptop died, and was replaced by an after-market battery pack that overheated and burst into flames. The Navy is recommending that its folks ensure they have the right battery in similar laptops so something like this won't happen again.

The big lesson here is that if you replace components in a piece of equipment, whether it's a laptop, your car, or some other appliance, make sure you use parts that are recommended by the manufacturer. Cheaper, third party or "incorrect but close" parts may end up costing you more.

Source: https://safetycenter.navy.mil

TRAFFIC SAFETY

Why Safety Belts?

To understand the value of safety belt use, it's important to understand some of the dynamics of a crash. Every motor vehicle is actually comprised of three collisions.

The Cars Collision

The first collision is known as the car's collision, which causes the car to buckle and bend as it hits something and comes to an abrupt stop. This occurs in approximately one-tenth of a second. The crushing of the front end absorbs some of the force of the crash and cushions the rest of the car. As a result, the passenger compartment comes to a more gradual stop than the front of the car.

The Human Collision

The second collision occurs as the car's occupants hit some part of the vehicle. At the moment of impact, unbelted occupants are still traveling at the vehicle's original speed. Just after the vehicle comes to a complete stop, these unbelted occupants will slam into the steering wheel, the windshield, or some other part of the vehicle interior. This is the human collision.

Another form of collision is the person-to-person impact. Unbelted occupants colliding with each other caused many serious injuries. In a crash, occupants tend to move toward the point of impact, not away from it. Unbelted rear-seat passengers who have become high-speed projectiles often strike people in the front seat.

The Internal Collision

Even after the occupant's body comes to a complete stop, the internal organs are still moving forward. Suddenly, these organs hit other organs or the skeletal system. This "internal collision" is what often causes serious or fatal injuries.

Imagine what happens when someone's head collides with the windshield of a car. After the person stops moving the brain hits the skull. The result may be only a mild concussion or there could be permanent brain damage.

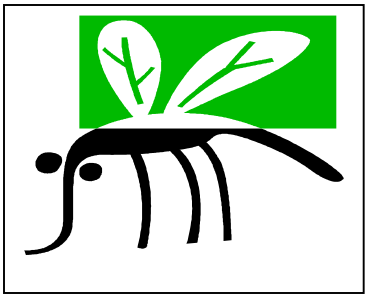
So, Why Safety Belts?

During a crash, properly fastened safety belts distribute the forces of rapid deceleration over larger and stronger parts of a person's body, such as the chest, hips, and shoulders. The safety belt stretches slightly to slow your body down and to increase its stopping distance.

The difference between a belted person's stopping distance and unbelted person's stopping distance is significant. It's often the difference between life and death.

Source: http://www.nsc.org

Mosquito Bites



When dealing with West Nile virus, prevention is your best bet. Fighting mosquito bites reduces your risk of getting this disease, along with others that mosquitoes can carry. Take the common-sense steps below to reduce your risk:

- Avoid bites and illness
- Clean out the mosquitoes from places where you work and play
- Help your community control the disease

Something to remember: The chance that any one person is going to become ill from a single mosquito bite remains low. The risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill.

AVOID MOSQUITO BITES:

Use Insect Repellent Containing DEET

Apply insect repellent containing DEET (look for: N, N-diethyl-meta-toluamide) to exposed skin when you go outdoors. Even a short time being outdoors can be long enough to get a mosquito bite. DEET is safe for pregnant and breastfeeding women and in concentrations of 10% or less in children.

Clothing Can Help Reduce Mosquito Bites

When possible, wear long sleeves, long pants, and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or DEET will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing.

MOSQUITO PROOF YOUR HOME

Drain Standing Water

Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water.

Install or Repair Screens

Some mosquitoes like to come indoors. Keep them outside by having well-fitting screens on both windows and doors. Offer to help neighbors whose screens might be in bad shape.

HELP YOUR COMMUNITY – Report Dead Birds to Local Authorities

Dead birds may be a sign that West Nile virus is circulating between birds and the mosquitoes in an area. By reporting dead birds to state and local health departments, you can play an important role in monitoring West Nile virus.

Source: http://my.webmd.com

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 7 June 2005
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

RESPIRATOR TRAINING CLASS

Date: 8 June 2005
Where: Bldg 678, Classroom 222
Time: Respiratory Program Assistant – 0800-1200
Respiratory Protection Program (Users)- 1300-1430

Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND	DATE
FAMILY HOUSING (ADMIN OFFICES)	13 JUN
CENTER FOR NAVAL AVIATION TRAINING UNIT (CNATTU)	20 JUN
NAVAL AIR TECHNICAL DATA AND ENG. COMMAND	21 JUN
FLEET AREA CONTROL & SURVEILLANCE FACILITY	28 JUN
NAVAL LEADERSHIP TRAINING UNIT (NLTU)	11 JUL
DEEP SUBMERGENCE UNIT (DSU)	12 JUL
NAVY BAND	12 JUL
NAVY COLLEGE	13 JUL
MAP SUPPORT OFFICE (MSO)	19 JUL
ASSUALT CRAFT UNIT ONE (ACU-1)	26 JUL

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED AT BLDG 678 RM 227

ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049

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FAX NUMBER – 545-1053

The Navy Occupational Safety and Health Department of Naval Base Coronado publish SAF-T-LINES. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.